

Curriculum Vita
CHRISTINE A. ARNZEN, Ph.D., LPC
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EDUCATION

Regent University - Virginia Beach, VA (CACREP accredited) Doctor of Philosophy in Counselor Education and Supervision.	2016
Forest Institute of Professional Psychology - Springfield, MO Masters of Arts in Clinical Psychology, <i>With Highest Distinction.</i>	1988
Evangel University - Springfield, MO Bachelor of Sciences in Psychology, <i>Summa Cum Laude.</i>	1985

PROFESSIONAL CREDENTIALS

Licensed Professional Counselor, State of Missouri. #002561	1998 - Present
Approved Clinical Supervisor, State of Missouri	2002 - Present

SUPERVISION TRAINING

Clinical Supervision, Missouri Mental Health Counselors Association – 6 CEUs	2014
Supervising Counselor for Licensure in Missouri. Missouri Committee for Professional Counselors, Springfield, Missouri – 6 CEUs	2003
Licensing Supervision Certification Course. Washington University, George Warren School of Social Work, St. Louis, MO – 18 CEUs	2000

TEACHING EXPERIENCE

Teaching experience includes graduate and undergraduate coursework. Teaching methods include, lecture, in-class reflective exercises, discussion, demonstrations, and skill rehearsal.

<i>Evangel University - Springfield, MO</i> Assistant Professor of Psychology and Counseling <ul style="list-style-type: none">• Mental Health Counseling Foundations (COU 508)• Helping Relationship and Clinical Interventions Counseling (COU 523)• Counseling Diverse Populations (COU 610)• Counseling Practicum (COU 597)• Counseling Internship (COU 598)• Professional Practice Seminar (COU 696)• Human Sexuality (COU 675)	2012 - Present
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- Psychology of Human Sexuality (PSYC 475)
- Marriage and Family Therapy (PSYC 465)
- Theories and Techniques of Counseling (PSYC 365)
- The Helping Relationship Theories (PSYC 333)
- Human Diversity and Behavior (PSYC 332)
- Psychology of Healthy Relationships (PSYC 138)
- Introduction to Psychology (PSYC 112)
- Freshman Seminar (BEHV 100)

Evangel University - Springfield, MO

2001-2012

Adjunct Instructor – Psychology and Human Services

- Interpersonal Techniques of Counseling (COU 523)
- Human Services and the Christian Worldview (SOCA 445)
- Psychology of Human Sexuality (PSYC 475)
- Marriage and Family Therapy (PSYC 465)
- Abnormal Psychology (PSYC 371)
- Freshman Seminar (BEHV 100)

PROFESSIONAL LEADERSHIP AND SERVICE

Evangel University - Springfield, MO

2014 - Present

Program Coordinator, Masters in Counseling

Responsibilities include oversight of the graduate counseling faculty as they facilitate education, training, and supervision of master’s level counseling students. Securing a secondary counseling accreditation is a primary initiative, which entails stringent curriculum reviews, course assessments and meeting accreditation standards. Additional responsibilities include hiring faculty, conducting a self-study, submitting an accreditation application and securing CACREP accreditation through October 31, 2027.

Field Coordinator, Masters in Counseling

2014 - Present

Responsibilities include oversight of graduate practicum and internship students. Provide orientation to clinical mental health students, creation and update of field manuals, policies, assessments, and surveys. Host “meet and greet” with field students and site supervisors. Conduct site supervisor orientation and continuing education supervision training. Coordinate supervisor appreciation banquet as well as disseminate stipends and student feedback.

Council for Accreditation of Counseling and Related Educational Programs

2015 – Present

Site Team Member

Responsibilities include planning, conducting, and completing an on-site evaluation for counseling education programs in pursuit of accreditation or reaccreditation with the Council for Accreditation of Counseling and Related Educational Programs.

Missouri Mental Health Counselors Association 2014 – Present
Board, Secretary

Responsibilities include a three year commitment recording and disseminating board minutes. Additional responsibilities include assisting in recruiting new and lapsed memberships, contributing to MMHCA policies, training events, and annual conference.

Missouri Committee for Professional Counselors Supervision Roundtable 2015 (July)
Participant

Provided recommendations during an invitation only roundtable discussion regarding supervisor and supervisee requirements for Missouri licensed professional counselors.

Community Crisis Team of the Ozarks (CCTO) 2001-2003
Board, Team Member

Served as a representative of the counseling profession on a multi-disciplinary board. Responsibilities included the development and application of policy and procedures to secure the viability of a non-profit crisis response organization. CCTO members conducted onsite crisis interventions in response to natural and human made disasters within the state of Missouri.

Eating Disorders Coalition of the Ozarks 2003-1999
Coordinator, Member

Coordinated a multi-disciplinary team dedicated to providing eating disorder awareness programs in the greater Springfield community.

COUNSELING AND SUPERVISION

National Institute of Marriage - Branson, MO 2003- 2012
Director of Clinical Services, Executive Team Member

Provided administrative oversight for 16 clinical staff members including hiring, scheduling and conducting yearly performance evaluations. Conducted clinical supervision, consultation, in-service training, and debriefing sessions for salaried and contracted clinical staff (LP, LPC, PLPC, and MFT). Developed and managed practicum and internship program for university students. Responsibilities for the executive role included participation in yearly strategic planning, preparing budgets, and providing ethics reviews of organizational policy and marketing initiatives.

Evangel University - Springfield, MO 1999-2003
Director of Counseling Services

Provided administrative supervision for professional and office staff. Implemented departmental policy and procedures, management of yearly budget, and performance evaluations. Clinical supervision responsibilities included weekly individual and group supervision for provisionally licensed professional counselors (PLPC) and graduate interns. Rebranded the

counseling center as a wellness resource and implemented a brief counseling model in order to increase the number of students served.

Evangel University – Springfield, MO

Staff Counselor

1989-1998

Provided various counseling services to university students including individual, group, pre-marital, and couple counseling. Assisted the director in development and implementation of wellness programs and psychoeducational workshops.

Burrell Community Mental Health Center – Springfield, MO

1989

Family Preservation Therapist

Provided in-home family counseling to clients at risk of having their children removed due to neglect and abuse. Assisted parents in securing social and medical services as needed. Served as a liaison between family and state caseworkers.

PROFESSIONAL PUBLICATIONS

Burbee, R. Sparks, B. Paul, R. & **Arnzen, C.** (2011) Integrative Marital Intensive Therapy: A strategy for marriages in severe distress. *Journal of Psychology and Christianity, 30*, 37-50.

Sutton, G. W., **Arnzen, C. A.** & Kelly, H. (2016) Christian counseling and psychotherapy: Components of clinician spirituality that predict type of Christian intervention. *Journal of Psychology and Christianity, 35*, 204-214.

PROFESSIONAL PRESENTATIONS

- **Arnzen, C. A.** & Jones, G. (2019, February). *Compassion for the suicidal soul: Assessing ideation to action*. Workshop presentation at the Evangel University's Compassion for the Suicidal Soul Conference, Springfield, MO.
- **Arnzen, C. A.** & Palm, M. (2019, February). *Compassion for the suicidal soul: The CAMS approach to treatment planning and management of suicidality*. Workshop presentation at the Evangel University's Compassion for the Suicidal Soul Conference, Springfield, MO.
- **Arnzen, C. A.,** Fulks, J. & Jones, E. G. (2017, October). *International field experience: A qualitative study of counselor development and worldview*. Poster session presented at the Association of Counselor Education and Supervision, Chicago, IL.
- Washburn, D. A., **Arnzen, C. A.,** & Palm, M. (2017, October). *Merging and consolidating counseling programs: The new reality of higher education*. Workshop presentation session at the Association of Counselor Education and Supervision, Chicago, IL.
- Haynes, W. & **Arnzen, C. A.** (2017, July). *Joy in later life: Experience of joy in exercise groups*. Workshop presentation at the Association of Adult Development and Aging, New York, NY.

- **Arnzen, C. A.** & Washburn, D. M. (2016, October). *Using experiential learning to teach social justice and advocacy to counseling graduate students*. Workshop Presentation, North Central Association for Counselor Education and Supervision, Minneapolis, MN.
- Sutton, G. W. & **Arnzen, C. A.** (2015). *Evidenced –based religiously accommodative psychotherapy: Practice and belief*. Poster session presented at Christian Association of Psychological Studies, Denver, CO.
- **Arnzen, C. A.** (2013). *Working with Challenging Clients*. Workshop Presentation at Missouri Mental Health Counselors Association (MMHCA), Lake of the Ozarks, MO
- Paul, R. & **Arnzen, C. A.** (2009). *Integrative Marital Intensive Therapy*. Workshop Presentation at the Association of Christian Counselors World Conference, Nashville, TN
- Burbee, R. & **Arnzen, C. A.** (2009). *Integrative Marital Intensive Therapy: A Model for Relationship Recovery*. Workshop Presentation, Christian Association of Psychological Studies (CAPS) Midwest/Southwest Regional Conference. Hollister, MO.

PROFESSIONAL ASSOCIATIONS

- American Counseling Association (ACA)
- Association for Counselor Education and Supervision (ACES)
- Chi Sigma Iota, CSI Chapter at Regent University
- Missouri Mental Health Counselors Association (MMHCA)
- Christian Association for Psychological Studies (CAPS)
- American Association of Christian Counselors (AACC), *inactive*

COMMUNITY PRESENTATIONS

The following community presentations include themes related to self-esteem, emotional health, relationship skills, communication skills, body image, and wellness.

- Ireland, J., **Arnzen, C.** & Wilkie, M. (2018). *The Least of These: The gospel, church and compassion*. Evangel University, Springfield, MO.
- Kelly, H. & **Arnzen, C.** (2017). *Finding Healing in Your Story*. Evangel University, Springfield, MO.
- Arnzen, C. (2013). *Marriage Under Construction*. Solid Rock Church, Springfield, MO
- Arnzen, C. (2011). *Why Marriages Succeed or Fail*. Evangel University, Springfield, MO.
- Arnzen, C. (2011). *You Still Excite Me*. Destiny Church, Republic, MO.
- Arnzen, C. (2010). *What is Behind the Conflict?* Evangel University, Springfield, MO.
- Arnzen, C. (2010). *Today is Forgiveness: Tomorrow's Marriage*. Evangel University, Springfield, MO.
- Arnzen, C. (2009). *Awake My Soul*. Evangelical Free Church, Wichita, KS.
- Arnzen, C. (2008). *Why Do I Keep Doing This? Breaking Away From Self-Destructive Behaviors*. Central Assembly of God, Springfield, MO.
- Arnzen, C. (2007). *Mirror, Mirror: A Fresh Look at Beauty*. First Evangelical Free Church, Springfield, MO.
- Arnzen, C. (2006). *You're the Love of My Life*. Shirley Assembly of God, Shirley, NY.

- Arnzen, C. (2004). *Rekindling Romance*. Aldersgate United Methodist Church, Nixa, MO.
- Arnzen, C. (2003). *Embracing Your Daughter: Reflections of a Mother*. Kings Chapel, Springfield, MO.
- Arnzen, C. (2000). *Celebrate Your Body: Eating Disorder Awareness Program*. Hillcrest High School, Springfield, MO
- Arnzen, C. (2000). *Steps to a Healthy Body Image*. James River Assembly of God, Springfield, MO.
- Arnzen, C. (1999). *An Overview of Eating Disorders*. Assemblies of God Theological Seminary, Springfield, MO.
- Arnzen, C. (1998). *Suicide Prevention and Assessment*. Conway High School, Conway, MO.
- Arnzen, C (1998). *New Year - A New Look At Emotions*. . New Life Church, Springfield, MO.
- Arnzen, C. (1996). *Listening Skills 101*. New Life Church, Springfield, MO.